



Taoist Tonic Superfood Blend

Super Smoothie Mix

Ingredients: Carob, Mesquite, Astragalus, Pau D'Arco, Ashwaganda, Rosehips, Cat's Claw, Maca, Milk Thistle, Sacha Jergon, Burdock Root, Suma, Tribulus, Licorice, Noni, Chanca Piedra, Chaga, Rhodiola, Whole Vanilla Pods, Chuchuhuasi, Jatoba, Shitake, Lysine.

Instructions: Start by consuming one tablespoon a day, working up to a maximum of 8-10 tablespoons a day, depending on your size. You can add *Lion Heart Super Smoothie Mix* to anything that doesn't require heating, but adding to a liquid meal such as a Sweet Superfood Smoothie is ideal for ease of digestion. *Lion Heart Super Smoothie Mix* is an incredibly concentrated source of nutrition, a little goes a long way, and most people find it very full-filling.

Caution: Increase the amount you have per day slowly, or else detoxification symptoms can occur. They are not usually a sign that anything is wrong, but they can be a sign that your body is releasing and expelling toxins at a rate that your eliminative organs are finding hard to keep up with. If you are at all concerned, discontinue use immediately and seek the advice of a healthcare practitioner. Often discomfort can occur if the large intestine becomes blocked, in which case seeing a colonic hydrotherapy practitioner brings immense relief. Detoxification symptoms are rare as long as you increase dosage slowly, and can happen any time you improve your diet or increase your level of exercise.

Example Recipe 1: Sweet Superfood Smoothie

Ingredients: 1 litre Rejuvenate Tonic Tea, warm (other teas can be used, as can water), 2 Tablespoons Coconut Butter, 1 teaspoon Hemp Seed Oil, 1 teaspoon Bee Pollen, 1 Tablespoon Goji Berries, 1 teaspoon Raw Honey (leave out if you have blood sugar problems), 4 Tablespoons Super Smoothie Mix, ice cubes (optional).

Directions: 1 Place the warm tea or water and the coconut butter in a Blender, preferably a powerful blender such as a Vitamix. 2 Blend thoroughly. The coconut butter should melt 3 Add the remaining ingredients (add ice cubes if you prefer your smoothie cold) and blend

For more, guidelines, a demonstration video and descriptions of the various ingredients and their benefits visit lionheartherbs.com, or contact questions@lionheartherbs.com

thoroughly again. 4 Drink slowly, preferably immediately 5 Enjoy the feelings of being truly nourished and energised!

Example Recipe 2: Superfood Chocolate.

We all love chocolate, but normally it is too high in simple sugars, and the dark part of the chocolate is high in Theobromine, a stimulant which is less than healthy if eaten to excess. So what to do? Make a Superfood Chocolate that tastes chocolaty, but contains the right kind of sugars (polysaccharides) and negligible levels of stimulants: Superfood Chocolates.

Did I mention they're more nutritionally dense with minerals, essential sugars, essential amino acids and healthy fats than almost any food you can eat, which means you won't need much to feel truly fulfilled.

Ingredients: 4oz Coconut Butter, 4oz Cacao Butter, 4oz Goji Berries, 1oz Bee Pollen, 7 oz Super Smoothie Mix, tiny pinch of sea salt.

Directions: 1 Blend together the first three ingredients in a powerful food processor until liquidised/runny. This may take a few minutes, once they've begun to melt. Be careful not to overheat your food processor. 2 Add the powder, a few spoonfuls at a time, until the mixture becomes thick, like a dough. Once you've added all the powder it may go very powdery for a while, but if you persist in mixing it, it will eventually go dark and become more dough like again. Then it's ready 3 Transfer to a tray, lined with cling film for ease of extraction. 4 Put in the fridge to set. 5 When solidified, cut into desired shapes. Ideally store in the fridge, or somewhere cool, or it may become mushy. It's still delicious and healthy even when mushy, just a little hard to handle. 6 Enjoy having a totally healthy and delicious snack. 7 Tell all your friends, and let them try some.

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